

Biometric Screenings and Immunizations

One of the first steps to improving your health is knowing your important health numbers. These numbers include your body mass index, blood pressure, cholesterol, and glucose.



- ✓ When you have these levels checked, talk to your health care provider, and find out if you are at risk for health conditions such as heart disease and diabetes.
- ✓ When you know your numbers and your risks, you can then start to make changes to improve your health and decrease your risks. Visit the link below to learn more about your numbers, risks, and how to impact your health.¹

Where do you go to have your numbers checked?

- 1) You can visit your health care provider for a wellness check and the screenings can be ordered at that time.
- 2) In addition to your wellness exam, you can also visit the City of Columbus' biometric screening events happening this fall! See the link below for more information. ²

Immunizations

It is that time of year! Seasonal vaccinations are recommended by the CDC in the fall.

- Getting your annual flu shot is not only a safeguard for yourself, but it's also a responsibility we share in keeping our community healthy. Combined with regular practices like frequent handwashing, mask-wearing (if desired), and maintaining safe distances, the flu shot is a significant step toward maintaining a healthy and vibrant workplace.
- Opting to receive the flu shot this year is an important choice, reflecting your commitment to both your personal health and the well-being of those around you. The City of Columbus is committed to fostering a healthier environment for all employees and their families during the upcoming flu season. Be on the lookout for your Flu Shot voucher and Flu Shot clinic in October.



¹ [Know your numbers health tips | UnitedHealthcare \(uhc.com\)](#) ² [Register for Biometric Screenings!](#)



Health Engagement Nurses Wendy & Whitney – We are available to help you and your family make better health care decisions, refer you to appropriate wellness programs and services, and demonstrate how to navigate UnitedHealthcare tools and resources. Do you need a Primary Care Physician? Contact the Health Engagement Nurses for more information!

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